COLORADO SPRINGS GAZETTE

ER 1603. COLORADO SPRINGS, COLO., SATURDAY SEPTEMBER 29, 1888. PRICE FIVE CENTS.

ING CONVERTS.

Turns Out in Force to
Republican Oration

ne for Congress Makes
Effective Speech.

ecrease Authority Quoted
s Third Argument.

Sophistry in His Treatment
of Local Baseball.

DELAY ADVISED.

COUNTY PRODUCTS.

The County Assessor's Report on the Cereals

And Live Stock of the County for the Year 1887.

A Slight Decrease from the Previous Year's Report.

But Owing Largely to Climatic Influences.

2 Cars of Apples.

$2.75 PER BARREL.

VARIETIES

Ben Davis, Rome Beauty, Rambo, Pen Pleas, Rose Beauty, Sutton Sweet, Grimes' Golden, Jonathan, Pippin.

W. F. McKeehan.

THE ROLLING STONE GATHERS NO MOSS!

Notified on the streets of Goods at THE NOVELTY. We keep everything moving. We keep no "cross-covered basket hanging in our well." Everything in HOLIDAY GOODS will soon be arriving and we want room. If you want anything in our line give us a call. We are bound to sell at any price.

"The Novelty."

Dealers in New Stationery and Fancy Goods.

27 1-2 S. Tejon St., COLORADO SPRINGS, COLO.

Madame Moreau

Has twelve Handsome Suits left from the opening the first of the week which she will sell at half price. They are all

FRENCH IMPORTATIONS,

And made on Silk Foundations. Madame Moreau has also for sale a quantity of

French Corsets & French Silk Underwear

Cheap.

I am Just in Receipt

OF A LINE OF

SCHOOL SUITS FOR BOYS

Of 16, 17 and 18 in Scotch and Also Child Pants and Knee pants. My stock of

Hats for Ladies, Gentlemen & Boys

Is not excelled in variety anywhere. Buying for cash of the best houses in the country enables me to sell you goods at what they are worth. A share of your trade greatly appreciated by

Sol. Bacharach,

DEALER IN Clothing Gents' Furnishing Goods, Hats, CAPS, TRUNKS, VALISES.

From Necessity, Not Choice.

Belated ready made clothing has to be sold for less than its value. The truth is, we are overloaded and we must make some breaks to unload.

Our loss is the public's gain.

500 men's pants, $2.50, 3.00 and 3.50.

Spring overcoats 25 per cent from former prices.

Children's short pant suits, all makes, down 25 per cent.

A FIVE DOLLAR BILL will now do the work of $6.50 or $7.00.

Our prices are lower than the lowest.

Our goods are the best from the manufacturer.

F. S. LEONARD

107 Pike's Peak Ave.

W. H. D. MERRILL,

125 N. TEJON ST.

Practical Plumber & Contractor

FOR STEAM HEATING.

First-class work and Satisfaction Guaranteed.

JUST RECEIVED

FROM

A. C. Vantine & Co., Merchant Tailors, NEW YORK.

A fine selection of Fall Suitings, Pants, Pattern Overcoating, Dress Suitings, Fit guaranteed. Also New York styles in fine Stiff and Soft Hats. The finest selection of Hats in the city. Ladies' Crush Hats in great variety.

JOHN T. KELLY & CO.,

26 Pike's Peak Avenue

REAL ESTATE!

HOMES

OF YOUR OWN

For the Same Monthly Payments

YOU NOW EXPEND

IN RENT.

I am selling lots in **Calvert Heights** on the **Instalment Plan**. For $200 to $750, distributed over a year, you can own a Good Lot in one of the most promising locations in El Paso County.

Calvert Heights

Is a lovely spot, close to the

Midland Shops at Colorado City,

And already with 31 (?) creditable improvements being made in that "Growing Town," or I can sell you lots in

PARRISH'S ADDITION

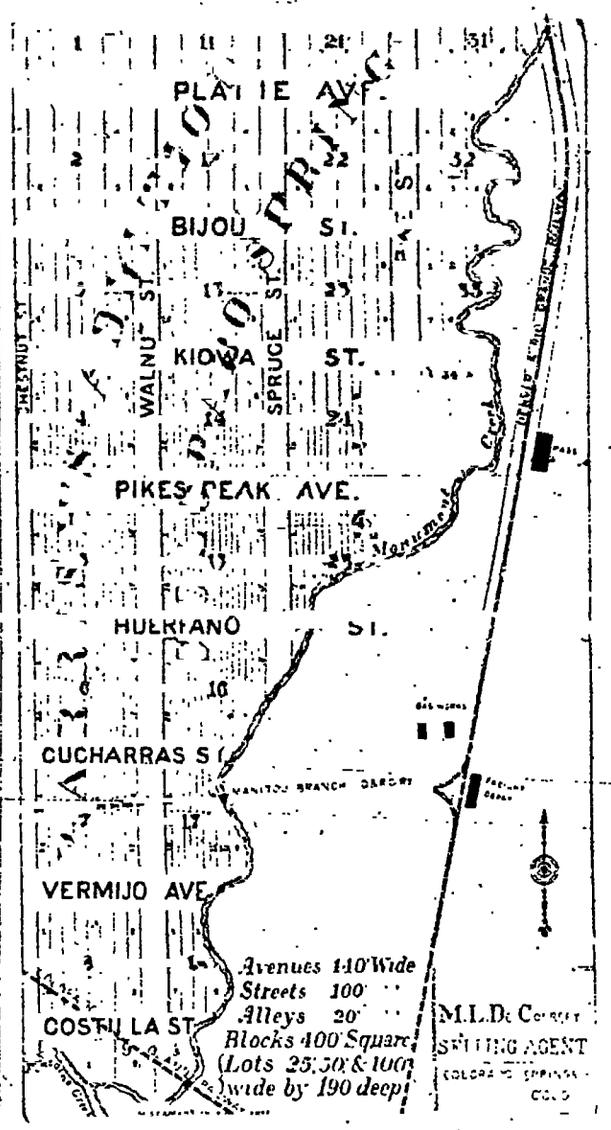
To Colorado Springs, also on the Instalment Plan, so that by paying $20 or $25 per month you may, at the end of a year, own one of the most beautiful suburban home sites to be found in the great State of Colorado.

Parrish's Addition is convenient to Churches, Schools, Stores and Depots, and has the **Best Water Supply** of any part of Colorado Springs. The Street Railway Cars run through it from the Colorado Springs depot every 5 cents fare to Colorado Springs, Colorado City, Calvert Heights and Manitou.

Buy Lots in Parrish's Addition

And I will guarantee you will not have cause to regret it.

Below is the Plat:



I also have for sale some of **The Best Corner Lots** and others, in all parts of the city. Also for sale a full line of

IMPROVED PROPERTY!

Also for sale the

Best Ranches in El Paso County.

The Splendid "Spud" Ranches on "The Divide," for sale at reasonable figures.

There are Fortunes to be made on Ranches on the Divide, and Don't you forget it!!

M. L. DeCOURCEY,

Real Estate Agent,

No. 3 North Tejon Street, Colorado Springs, Colorado

DELAY ADVISED.

Utah Commissioners Advise Congress to Wait.

In the Opinion of the Majority of the Commission.

Not Best to Disfranchise Polygamists.

Incompetency of the Mormons' Act Will Be Tested.

Another Rogue Mortgage

New York, September 28.—Henry Foster, who was charged by the police with forging the name of Wm R Foster, for forgery was arraigned to-day by the issuer that another of the mortgages had been discovered. It is known Foster [illegible] Foster's attorney will make good the amount of the defalcation. The sum is [illegible] Unless Foster's number will have [illegible] Some members [illegible] Foster's [illegible] Foster [illegible] Foster's [illegible] Foster [illegible] Foster [illegible] Foster

THE GAZETTE.

FRIDAY, SEPTEMBER 28, 1888.

DAILY WEATHER REPORT.

FOR 24 HOURS ENDING 6 P. M. SEPT. 27, 1888.

Temperature at 6 a. m.	48°
Temperature at 2 p. m.	87°
Temperature at 6 p. m.	67°
Maximum temperature	87°
Minimum temperature	48°
Mean temperature	68°
Range of temperature	39°
Mean Humidity	25
Average velocity	6 miles
State of Weather	Clear
Precipitation	0

T. S. SIMPSON, Signal Corps.

Ex-Senator Campbell is expected to arrive at home today.

Pueblo vs. Colorado Springs at the Athletic grounds this afternoon.

There will be a meeting at Barstel to-day to organize a school district.

There is an undelivered telegram at the Western Union office for Saul & Wevine.

Miss Mabel Holm, who has been quite seriously ill for some days, is reported better.

Mr Roy F Merton left for the east yesterday for a two weeks business and pleasure trip.

Mr. L. G Burrows, editor of the Lanark Gazette, published at Lanark, Ill called at the GAZETTE office yesterday morning.

There will be an excursion from the city to Pueblo next week to attend the sale of lots in Garfield Place, the new addition to Pueblo.

Mr and Mrs C E Durkee and Mrs Duncan Bell have gone east. They will attend the St. Louis exposition and Mrs Bell will afterwards visit in Montreal Canada.

Ben Mahn, the popular pitcher of the Grays and one of the best in the west, will be in the box for to-day's game with Pueblo. Dubbs, the "Black Diamond," will support him behind the bat.

There will be a special meeting of the B F. Crowell Hose company at their room this evening at 8 o'clock. A challenge has been received from the Jacksons to play a game of base ball, and a full attendance is desired.

At the First Methodist church last night the stereopticon exhibition showing the "Grandeur of Europe" was given to a well pleased audience. The entertainments have been quite successful and a very neat sum has been netted to purchase books for the high school library.

Mr. C. I. Snow, of Barnes, has furnished us with the following weather record for the week ending September 26th. Highest temperature, 86 on the 22d, lowest temperature, 49 on the 25th, weekly mean temperature, 58.42. Prevailing direction of the wind, south.

The annual meeting of the Colorado Springs Social union will be held at the library of the free reading rooms 127 South Tejon street, on Monday, October 1st at 4 p. m. at which a board of managers for the ensuing year, will be elected. All contributors to the support of the society are requested to attend.

The annual meeting of the El Paso County Bible society will be held in the First M. E. church on Wednesday evening, October 3rd, at 7:30 o'clock. Rev Albert S. Hunt secretary of the American Bible society, will be present and address the meeting. The various church prayer meetings will be omitted on that evening.

The Phenix Literary society extends a welcome invitation to all at their meeting to night at the college building at 7:45 sharp. The following is the programme for the evening

Critique	C H White
Music	
Declamation	Neil Sutton
Notes	H. McAllister
Music	
Recitation	Miss Maggie
Reading	J. B. Barnes

Debate, Resolved, That the national game of baseball is not to the game of any other country. Affirmative, H. De La Vergne, Negative, Oliver Shoup.

The new bridge which is now completed over Shook's run, opening Platte avenue to the east has opened up a drive way to what is destined to be one of the finest parts of our city. This avenue, one hundred and forty feet wide, with its proposed extension through to "The Austin Bluffs," will furnish to this city [illegible] to the east. Parties looking for a residence location should make a note of this.

The Pueblo base ball nine will arrive in the city this morning and will play the Grays at the Athletic grounds at 3 o'clock. Pueblo has lately been strengthening its club by the addition of players from Denver, and their team to day will be one of the strongest that has confronted the Colorado Springsboys this season. Lovers of base ball should make it a business to patronize the two games here, to-day and Monday as the attendance will in a great measure decide the matter of keeping up the base ball club for the rest of the season.

The members of the Baptist Sunday school assembled in large force yesterday afternoon in response to the pastor's invitation to meet him and his family in a lawn social. To be artistic lawns about the church and parsonage were supplied with hammock swing, see saw, croquet set, cricket, organ seat and various games. A series of events of a varied character specially planned for the occasion filled the hours. All who desired were given a pleasant drive about the city and scores accepted the opportunity. Refreshments were served from a spacious tent, and old and young alike seemed to have enjoyed a happy afternoon. The outlook of this school, under the able superintendence of Hon E A Colburn, is specially encouraging at present. Not a scholar or officer in it feels it less than a great privilege to be connected with it.

Three men were arrested in Colorado City on Wednesday charged with running an opium joint. They were taken before Justice Smith and were fined for their share of the crime quite heavily. The proprietor of the establishment was arrested yesterday by Deputy Sheriff Bell and will be brought before the court next Thursday. One of the men captured yesterday by Deputy Sheriff Bell brought the others to a town and placed them in the county jail. He then went to see the joint mentioned and as he entered was fired at by the keeper. He returned the fire with his revolver and as he was unarmed he was forced to leave the house. The officers think there will be little trouble in securing charges on that count but there is another crime connected with the affair about which the officers are reticent, not deeming it proper to mention it publicly as yet. Two of the men were gamblers and of the species known as "tin horns."

Arrivals—Arrivals: W N Rice and wife, Topeka; Jesse B Myers and wife, New York; D Carter, H A Hall, Chicago; R Spring, Cincinnati; J B Lake, Iowa; Miss Rose May Olson, Ida Kirk, Sargeant Kirk, J P Cook, Baltimore; Mrs. Rowe, N A Dow, D B Whitcomb, Denver; Mrs. [illegible], Mrs. [illegible], New Haven; A A Brock, R W Price, Denver; P O Gravon and wife, Hallway Junction; Peter Pool, J A Vance, Maryland; C H Ely, Iowa; Pat W. Strickler, Kansas; [illegible].

BUSINESS LOCALS.

[illegible]

HALLETT & DAVEY

[illegible]

Fairy Rose Tea Set given away at Fairy Rose.

Antique Oak and Hand Painted Chairs at Fairy Rose.

Refrigerators with Water Pipes and Coolers at Fairy Rose.

Refrigerators warranted the best and most economical in the city at Fairy Rose.

Specific for disease of Rose geraniums ever exhibited in the city at Fairy Rose.

Water Coolers and Ice Cream Freezers at Fairy Rose.

PRIVATE CLASSES.

Miss Daggett and Miss Hartley have two years experience in private classes formerly conducted by Professors Sutherland and Cassell. Address 624 Cascade Ave.

[illegible]

R. Bolter, Artistic hair work.

Fine Watches, Diamonds, Jewelry, Silverware, Solid Silver and Silver Plated Goods, Manufacturing Jewelers and Opticians. Main factory in Chicago. Established in 1854. FABER'S.

Limburger and Swiss Cheese at the McFaddin Store, Colorado City.

MIDLAND COAL. [illegible]

YCARD

[illegible]

PASTURING.

[illegible]

WHAT THE GIRLS SAY

[illegible]

A BARGAIN.

[illegible]

Telephone No 31.

The Pioneer Lake Home keeps for the season Rocky Ford melons. Positively the finest table board in the city. Everything strictly first class.

SOLID VESTIBULE TRAINS

Between Denver, Omaha and Chicago via the Burlington Route, the finest equipped trains in the world. Elegant dining cars, [illegible]

The Yearly Meeting of the Colorado State Weed Growers Association will be held at Denver, [illegible]

"Pullman Sleeping Car Tickets to the East" on account of the fast time [illegible]

[illegible] made in Union depots with the finest trains [illegible] and Chicago, making all the principal cities in the east. The U. P. Ry. is also the short line to the Pacific Coast, passing [illegible]

[illegible]

[illegible]

W. H. McIntyre,

Real Estate & Insurance

NOTARY PUBLIC

—AND—

Commissioner of Deeds for New York.

MONEY TO LOAN

on Approved [illegible]

BUY AND SELL REAL ESTATE

On Commission.

Insurance : Assets

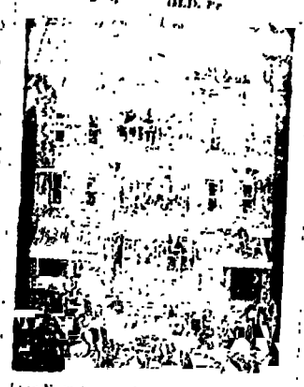
Represented, $150,000,000.

[illegible]

ASSETS.

[illegible]	[illegible]
Phoenix of Hartford	[illegible]
[illegible]	[illegible]
Phoenix of New York	[illegible]
[illegible]	[illegible]
[illegible]	[illegible]
[illegible]

THE PARK HOTEL



Manitou Springs, - - Colo.

CITY MEAT MARKET.

Callaway & Stark, Props.

Fresh Meats, Mutton, Pork,

POULTRY, ETC., ETC.

AME - OF - ALL - KINDS

IN SEASON.

Consignments of Fresh Fish

RECEIVED REGULARLY

Satisfaction to Prices Guaranteed

No 12 S. Tejon St., Colorado Springs

HOPPING

Illustrated Catalogue and Price List SENT FREE

DRY GOODS, CARPETS

Millinery, Ladies' Suits, Cloaks, etc

KEEP YOUR MONEY

JAY JOSLIN,

16th and Curtis Streets, DENVER, COLO

SIXTON BROS. DAIRY.

Fresh Milk and Cream

DELIVERED DAILY IN

Colorado Springs, Colorado City,

AND MANITOU.

JOSEPH DOZIER,

Contractor and Builder

SHOP ON PIKE'S PEAK AVENUE

Private Tuition in Biology,

APPLY AMES NORTH NEVADA AVE.

FRANK T. LENT,

ARCHITECT

OFFICE—Second Floor Price's Bank and Nevada Avenue

LOWTHER BROS.' BAKERY

A FINE LINE OF

Cakes, Pies, Etc., Always on Hand.

Fresh Candies, Fruit & Confections

Headquarters for the Finest Bread.

THE GAZETTE

All those who want a good readable paper should subscribe at once for THE GAZETTE. From now on until the close of the Presidential Campaign it will contain all the political news from all sections of the country. Our arrangements for receiving this news are very complete and thorough. Besides containing the latest telegraphic news it will contain special articles from some of the most prominent writers of the day. Every voter should have a copy of this paper. Mr. Taylor will take weekly subscriptions at 20 cents per month; monthly subscriptions for one dollar.

The Gazette Weekly

Is the only Weekly published in the county containing all the latest telegraphic news. During the coming campaign we will try to give the readers a full account of all the political happenings of each week, together with other choice telegraphic miscellaneous and local news. No ranchman should be without this paper. The rates are: One year $1.50; six months 75 cts.; three months 50 cts.

The Gazette Printing Company.

IRVING HOWBERT, Pres't
J. A. HAYES, Jr., Cashier

J. J. HAGERMAN, Vice Pres't
CHAS. A. NOBLE, Ass't Cashier

FIRST NATIONAL BANK

OF COLORADO SPRINGS, COLORADO

CAPITAL $100,000
SURPLUS 40,000

BUYS AND SELLS FOREIGN AND DOMESTIC EXCHANGE AND DOES A GENERAL BANKING BUSINESS.

DIRECTORS

IRVING HOWBERT, CHAS. THURBER, LOUIS ICKELHEIMER, R. J. EATON, J. J. HAGERMAN, J. A. MCGONIGLE, H. P. CROWELL, J. A. HAYES, Jr.

A LOT OF HAIR

Brushes, Hand Mirrors, Puff Boxes, etc. Just Received at Miller Bros. Drug Store.

THE PUREST

Drugs and Medicines.

THE CHOICEST

Perfume and Toilet Articles

MILLER BROS.

WHOLESALE AND RETAIL

DRUGGISTS

P. O. BLOCK.

PERKINS BROS.

HAVE ON HAND A FULL LINE OF

FANCY & STAPLE CROCKERY, QUEENSWARE,

Table and Pocket Cutlery and Glassware.

No. 26 North Tejon Street.

KIEFER & BEST,

1130 Fifteenth Street, - - - Denver.

Gas and Electric Fixtures.

The finest stock in show rooms west of Chicago. Only the latest designs. We are the most complete workmen in Denver and are prepared to

DO WORK IN ANY TOWN IN COLORADO

At Denver Prices.

DENVER DIRECTORY

Advertisements

JAS. A. TEDFORD,

SPECIAL

SMOKE

SOLIS

CIGARS

CAMPAIGN

HE-NU-ICA,

PLUMMER & HELLIS,

REMINGTON STANDARD TYPE-WRITER

Superior in speed, durability and fine work.

WYCKOFF, SEAMANS & BENEDICT, 1611 Curtis St., Den.

TRUSTEE'S SALE

THE GREAT TEXAS REMEDY

A. L. Casparis,

Sole Agent for Colorado and New Mexico

425 Sixteenth Street, Denver, Colo.

GO TO

L. Gillingham

FOR THE FINEST PHOTOGRAPHS

Made in Colorado. Also Picture Frames, Artists' Materials and Photo Albums. Colorado Water Flowers and Novelties.

No. 15 S. Tejon St., Ground Floor

DISSOLUTION NOTICE

HOME SCHOOL FOR BOYS.

NUMBER LIMITED

Refers to faculty of Yale College, and parents in New York, Boston, Chicago and Colorado Springs.

CHARLES W. HAINES, A. B., Yale.
1023 Tejon street.

NONE BETTER

Than the Elegantly Finished

Photographic Portraits

MADE BY

J. E. CLINTON.

Platinum a specialty.

CREWELL BLOCK. - 18 S. TEJON ST.

John DeWitt Peltz,

Attorney and Counselor at Law.

ROOMS 1 and 2, MIDLAND BLK.

Colorado Springs, - - Colorado

Deputy Secretary of State for New York.

RAILROAD TIME TABLES.

DENVER & RIO GRANDE RAILROAD

TRAINS GOING WEST

TRAINS GOING SOUTH

J. M. PEIRSON, Agent

COLORADO SPRINGS & MANITOU R. R.

WESTWARD — EASTWARD

COLORADO MIDLAND RAILWAY.

DEPOT, EAST PIKE'S PEAK AVENUE

LEAVING FOR DENVER

LEAVING FOR LEADVILLE

ARRIVING FROM LEADVILLE

SUBURBAN TRAINS.

DENVER, TEXAS & FT. WORTH.

W. C. HARVEY, Agent.

POSTOFFICE BULLETIN.

ROBERT A. MYER, Postmaster.

COLORADO TELEPHONE COMPANY.

W. P. BEACH, Manager.

OPEN at all hours, daily except Sunday.

WESTERN UNION TELEGRAPH CO.

C. H. LOOK, Manager.

OFFICE at Rooms 3 and 4, Postoffice Building.

CORNER WEBER ST. AND PLATTE AVENUE

OPEN daily except Sunday, from 10 a. m. to 1 p. m.

Wilhelm's Sanaline Trade Mark Pure Catarrh Cure

Affords Instant Relief in all cases of CATARRH, HAY FEVER, COLD, LA GRIPPE, or any kind of INFLAMMATION. Rev. Myron W. Reed says

DENVER, Colo., [illegible]

SANALINE MFG. CO., [illegible]

Sanaline is sold by all Druggists. Price 50c

Office 724-726 NINTH STREET

SANALINE MFG. CO., - DENVER, COL.

P. O. Box 1882, [illegible]

FRESH AND SALT MEATS

Of all kinds always on hand at the

METROPOLITAN MEAT MARKET,

502 S. Tejon St.

Orders promptly filled and delivered.

S. H. DORR, Prop.

NOTICE OF FINAL SETTLEMENT

THE GAZETTE.

P. L. [illegible]

THE GAZETTE PRINTING CO.

DAILY IN ADVANCE.

Per annum ... $12 00 | Six months ... $6
Three months ... 3 50 | One month ... 1

WEEKLY—IN ADVANCE.

Per annum ... $2 50 | Six months ... 1
Three months ... 60

ADVERTISING

Rates made known on application to the office.

JOB WORK

Facilities for Plain and Fancy Job Printing equal to those of any establishment west of the Mississippi.

All persons having advertising [illegible] on the [illegible] are hereby notified that [illegible] discontinued with [illegible] at the business office, and [illegible] presented to the clerk in charge [illegible] to the latter unless notice is [illegible] given.

[illegible] will be allowed against the [illegible] of the GAZETTE for any of our accounts.

All bills for the WEEKLY GAZETTE [illegible] must be paid in not later than Thursday noon.

Correspondents are respectfully notified that we do not want any advertising from [illegible]

R. W. STEELE,
Manager of the GAZETTE.

REPUBLICAN NATIONAL TICKET.

FOR PRESIDENT,
BENJAMIN HARRISON,
of Indiana.

FOR VICE PRESIDENT,
LEVI P. MORTON,
of New York.

REPUBLICAN STATE TICKET.

For Presidential Electors,
D. H. MOORE,
F. F. ASHBROOK,
J. P. GALLOWAY.

For Congressman,
HORACE TOWNSEND.

For Governor,
JOB A. COOPER.

For Lieutenant Governor,
W. G. SMITH.

For State Treasurer,
W. H. BILLINGSLEY.

For Secretary of State,
JAMES RICE.

For Auditor of State,
LOUIS H. SCHWAYBECK.

For Attorney General,
S. W. JONES.

For Judge of Supreme Court,
C. D. HAYT.

For Judge of Supreme Court to fill vacancy,
A. A. ELLIOTT

For Superintendent of Public Instruction,
E. DICK

For Regent of the State University,
C. R. DUDLEY,
S. G. GRIFFIN.

REPUBLICAN JUDICIAL TICKET.

For District Judge,
JOHN CAMPBELL.

For District Attorney,
R. E. GARRISON.

REPUBLICAN COUNTY TICKET.

For State Senator,
CHAS. L. NOBLE.

For Representatives,
H. H. CRAWFORD
C. D. TODD.

For County Commissioner,
J. C. WOODBURY.

REPUBLICAN TICKET.

For Justice of the Peace,
A. H. CORSMAN
For Constable,
E. D. RHODEN
For Road Overseer,
E. W. ROBERTS

The very earnest way in which the News is trying to defend the sanitary [illegible] Association people very suspicious.

Congressman Mills says, "With a cup of free coffee I drink to the democratic party." It is evident that Mr Mills does not use any sugar in his.

Nothing could be fairer than the proposition of Harry S. New to find out the truth of the accusation that General Harrison stated, "One dollar is enough for any working man." He offers to submit the matter to a democratic judge of the superior court and to have the evidence submitted to a jury of twelve democratic freeholders of Marion county.

The democrats seem to have hard work in keeping their candidates on the ticket. Undoubtedly the strongest man on the state ticket, outside of Patterson was Amos Henderson of Lake. His nomination not only imperilled the state, but legislative ticket in Lake. He declines to run, and by so doing, in our opinion, he deprives his party of one of its greatest elements of strength.

As will be seen among our local notes, the Reverend Mr Montague has engaged a course of lectures to be given at the Baptist church. There have been several courses of lectures given here during the past three years that have been quite popular in New London. The platform goes hand in hand with the public schools. The course has been liberally patronized. Tickets will be on sale at Robinson's drug store and the Consolidated Book store.

Elsewhere will be found a notice of a loan exhibition to be given for the benefit of the Bellevue sanitarium under the auspices of the board of trade. The committee, Messrs T C Parrish, F T Lent and L R Flora, will at once inspire confidence in the management of every [illegible] the exhibition. It is a [illegible] that only meritorious works of art will be placed on exhibition and that proper care will be given to the [illegible]. Great care will be taken, by the [illegible] special watchmen and [illegible] tions against fire to protect the articles loaned. We trust that all our readers will show public spirit in making desirable contributions to the exhibition. The [illegible] has been perhaps the most fruitful [illegible] means of educating the people to appreciate the work of great artists [illegible] there are no great public [illegible]

HAMMOND ON HEALTH

The Physician Shows the Importance of Physical Exercise.

[illegible], 1888, by Chas. H. Brown.

The so called summer resorts have by this time nearly all closed their doors and their servants have returned to their homes and resumed the usual routine of life. As one physician [illegible] the doctors generally [illegible] rather are they of the [illegible] spend a week or two [illegible] of Pleasure, [illegible] out of the [illegible] which [illegible] to get [illegible] as possible [illegible] which [illegible] hours of riding on the [illegible] and Mexico [illegible] consideration [illegible] distance from the [illegible] brings us [illegible] the time of [illegible] to say to [illegible] the necessity of stretching their legs occasionally and their chests once in a while. Such advice is necessary. My friend, Congressman [illegible] appears to be born with a [illegible] chest [illegible] one stood [illegible] the entrance [illegible] elevator, waiting several minutes in waiting for the machine to come for their rather than mount one flight of steps. As a consequence of the physical inertia [illegible] business men of the present day have weak muscles and [illegible] weak hearts, so that should they be obliged to exert themselves to even a slight degree their [illegible] become [illegible] and trouble like a [illegible] by the winds; their respiration becomes hurried and difficult and their pulse beats [illegible] the rate of one hundred and twenty five a minute or even more.

It is only necessary to stand at the corner of the street through which the [illegible] railway passes and to watch the men and women leaving their homes directly after breakfast and running a hundred feet or so at the top of their speed to catch an approaching car, as though it was the only one by which they could get down town and their lives depended on their getting into that particular vehicle. How they pant and blow and turn red in the face and gesticulate wildly at the conductor and drop into their seats [illegible] exhausted from the [illegible] short exercise. Many [illegible] their love of [illegible] elapse before they resume their normal and physical equanimity. Not a year passes that the newspapers do not record several deaths that have occurred from this practice and which would not have place if the subjects had been in the habit of taking [illegible] exercise. In such people the heart is suddenly subjected to a strain to which it is not accustomed and it gives way in the effort to accomplish the work to which of it. I venture to say that of those who read the observations not one in ten can walk the steps of an elevated railway station as slowly as he pleases without having the action of the heart greatly doubled in frequency. A healthy heart is almost invariably a [illegible]

Now there is but one legitimate way of exercising the heart strong. That is by taking regular, systematic and sufficient muscular exercise, into which climbing heights or stairways enters as a prominent feature. Let a person who finds his pulse increased fifty or sixty beats in a minute after mounting a stairway to [illegible] a hundred times a day after day for a month or more and he will find that the exertion does not [illegible] beats to the normal number of his heart's pulse. The exercise has acted upon this vital organ just as it does on the muscles of [illegible] or as it does on the biceps of a prize fighter or blacksmith and strength and the power to [illegible] have been the result.

But there is not all the good that will be gained by climbing a hundred stairways a day—say fifty in the morning and fifty in the afternoon. Doubtless the person with a weak heart has suffered [illegible] from what are called nervous dyspepsia. His food, much of it being properly digested, has been a [illegible] and has caused him [illegible] stomach and has caused him various uncomfortable feelings which he has been by the habit of attributing to every thing but their true cause. Now [illegible] have the [illegible] help out so [illegible] by taking [illegible] and put strength into the [illegible] Expanded [illegible] and [illegible] heart from fatty degeneration. But [illegible] Grand to [illegible] disease [illegible] first no longer [illegible] [illegible] contact with [illegible] by-ways [illegible] the sake of [illegible] I have [illegible] into [illegible] the full [illegible] of the food which is required for [illegible]

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